

## **Picture Day Next Friday!**

Hopefully your student(s) have brought home the Lifetouch order form; picture day is next Friday, October 6. (This is for all students in kindergarten through 8th grade, including the private kindergarten class, but not preschool students.) You can send your student with cash or check in the order form envelope on picture day, or you can pay online at [www.mylifetouch.com](http://www.mylifetouch.com) **To order online, you will need our school's picture day ID, which is UM447103Q1**

## **Volunteers Needed!**

The Harvest Festival will be **our big family celebration this year**, so mark your calendars and plan to join in the fun. It is on the evening of Friday October 27 and the day of Saturday October 28. **Many hands will be needed**, please click here to see how you can help:

<http://www.signupgenius.com/go/30e0d45adac23a6fe3-harvest>

## **After School Enrichment Classes**

Space is still available for **classes beginning next week!** Click here for more information and to register: <http://www.wasatchfamilyfoundation.org/after-school-enrichment.html>

## **Please Help with a Brief Survey**

As all of our parents are hopefully aware, our school does not receive enough funding from the state to provide the full Waldorf experience that we are providing for your children. The Fundraising Committee of our Governing Board has put together a very brief survey to try to identify parents in our community that may have connections to people and/or organizations that can contribute. This survey is NOT just about parents who can donate money; please click through to take the survey as **there may be ways that you can help our school, that you haven't even thought of**, and this survey will help identify that.

<https://www.surveymonkey.com/r/G9YY6SH>

## **Mark Your Calendars. . .Days Off in October!**

Our school schedule for October has a lot of early release days and days off from school, so **please keep an eye on the Google calendar on the Parent Page on our website** (can be found here, the 7th button down on this page: <http://wasatchwaldorf.org/parent-page/> ). To note:

Early release day on Thursday October 12, no school on Friday October 13

Early release day on Wednesday October 18, no school on Thursday and Friday October 19 and 20

No school on Monday and Tuesday, October 30 and 31 (Parent Teacher Conferences on those days, sign ups for times will be coming from your teachers soon)

## **Important Information about Limiting Media for Your Children from our Student Support Services Director**

Please read the following from Heather Campbell, Director of Student Support Services, and click the links below:

Have you heard of Destiny 2? Did you know there's a new update coming for Terraria? I do. Students are telling me about it. It's the latest and greatest news from the video game world and I want to share it with our school community. Why? Because I know some students are struggling with having any limitations to screens and/or our parent population is unaware of **how strongly our school encourages families to reduce or eliminate video gaming and screen time.**

As the people who work daily in the school with children who are having a sad day or ongoing severe issues, we want to periodically share with you something that we think is of value. Supporting and helping to cultivate a healthy lifestyle for you, your children, ourselves and ultimately our entire community is one of the many missions of our school.

Our school, along with all Waldorf schools, has a policy of strongly encouraging parents to **limit or eliminate screen time and especially video games** for their children.

We are not recommending this lightly or without reason. When we see children at school who can only socialize using video game terminology or when we see lack of attention in children, we want to help them to be able to function in the school and their community in ways that are productive and build their self-esteem.

Extensive access and unsupervised time watching inappropriate television, computer shows and video games will hinder children's access to their learning abilities. I have even been told by students they play these games with their parents for long periods of time. **I urge everyone to consider what kind of effect this has on their children's growing brains and social development.**

For information about that, please watch the following brief videos with great information from the experts:

<https://www.youtube.com/watch?v=1XDVDyDJ3s0> (3 minutes)

[https://www.youtube.com/watch?v=BoT7qH\\_uVNo](https://www.youtube.com/watch?v=BoT7qH_uVNo) (16 minutes, absolutely worth the time for the science about what violent and frenetic media does to your child's brain)